



Airmen and Family Readiness Center

The Airman and Family Readiness Center is open to everyone whether they have a family or not and the offer assistance with: Accessing on- and off-base services, relocation planning and preparation, managing your personal finances, Air Force financial aid, developing effective relationship skills, volunteering, personal and family readiness, family life skills, transitioning from military to civilian life, employment search skills and career development, information referral, crisis assistance, military child education and more! Located in bldg 207. 7:30 – 4:30 Monday – Friday. 747-3241



Aquatic Center



The Aquatic Center features a horseshoe-shaped indoor pool with areas designated for lap swim and recreational swimming and a spacious pool-side lounge area with comfortable seating. Located in the same building as the Fitness Center, the Aquatic Center has its own locker rooms and shower facilities. Trained lifeguards are on duty all times the pool is open. Featured programs include morning, noon & afternoon lap swims, preschool & toddler time, and open swim period as well as lessons for all age groups.

Located in Bldg 308. Call 747-3305 for current operating hours.

NOTE: Children younger than 11 years old, must have an adult (18 years or older) with them at all times while in the pool area. Children over 11 years old must be able to swim 45 feet to be left alone. Swim test required for deep end swimming. See lifeguards for test. Children 4 years old and under must be accompanied by a parent or guardian (18 or older) in the water at all times (within arm's reach) and in the pool area.

Arts and Crafts

Crafters will find supplies and endless ideas along with a wide variety of unique gifts at Arts & Crafts. Custom trophies and engraving are available, as well as framing services. Adult and youth sewing, scrapbooking, and other crafts classes are held weekly. Stop by to peruse our vast selection of scrapbooking materials and kits which include chipboard products, papers, cutters, stickers, brads and more! We also have a variety of products for children such as origami kits, bead kits, paint by number, Scratch Magic and "shrinky dink" paper! Our Self-Serve Sony Picture Station, accepts memory cards under 2 MB, thumb drives, photo CD's and scans existing photos for on the spot prints. Design fun borders, collages & add text. Available in 3 sizes 4x6, 5x7 and 8x10. Located in bldg. 203, next to the community center. Open Mon – Fri 1000-1700 and during winter hours on Sat 1000-1400. Call 747-3482 for more information.





Auto Skills

The Auto Skills Center is a full-service auto repair center offering alignments, oil changes, tune-ups, tire rotation & repair and wrecker service. Self-service stall rentals are also available. Use our diagnostic tool to pull up trouble codes when determining the root of your car trouble, only \$15 per scan. Having car trouble? Call us first for your on-base towing and service needs! We also offer detailing service, welding, tire repair, balancing, alignment, and much more! Located in bldg. 320. Open Mon – Fri 0800-1700 and Sat 1000-1700. The car wash is open 24

hrs a day (closed during extreme cold weather.)

Dakota Lanes

We have 24 newly installed synthetic lanes with automatic scoring, locker room, snack bar and full-service Pro Shop. Dakota Lanes hosts many special events such as Galaxy Bowling, tournaments, and bowling promos. Our regular bowlers enjoy several leagues; intramurals, mixed, and youth. (May close seasonally)



Education Center

Grand Forks AFB Education and Training Center is here to provide quality educational and training opportunities in support of mission readiness, including professional and personal development for the military and civilian populations.

Our staff members support our military personnel and will assist you with the procurement of College and University programs, management of tuition assistance, counseling, and testing services. The center also serves as the base OPR and Manager for On-The Job Training, Enlisted Specialty Training policy and programs and management of Formal Military School.



The Education and Training Center staff also assist dependents and civilians in developing a course of action for pursuing undergraduate, graduate, and technical training. Other training programs are handled by the formal training staff.

The testing office offers a wide variety of services such as distance learning proctored exams, PME testing, and CLEP and DSST testing.

Please call 747-3316 or visit us in Building 252, Monday through Friday from 0800 to 1700. You are a valued customer and we look forward to assisting you with all your Education and Training needs.

College Degrees for Working Adults

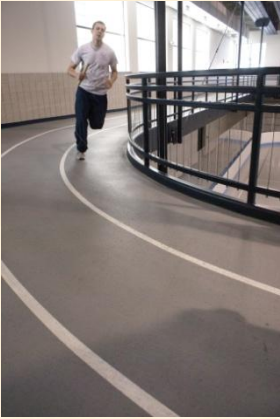
The education center offers several fully accredited colleges and degree programs which are designed for the working adult and are open to all area residents. The majority of classes are offered in the evenings and on weekends, allowing our students to remain fully employed while they pursue a college degree. Our 8-week semester combined with our carefully designed sequential offering of courses permits students to complete one full year of college by attending classes as little as two evenings per week during ten months of the year. In this way our students obtain associates and master's degrees in just two years and a baccalaureate degree in four.



Lake Region State College



Fitness Center



GFAFB Sports, Fitness & Aquatics Center is a 118,000 square foot, state of the art facility featuring two gymnasiums, five racquetball courts, a multipurpose area complete with indoor turf ('10), an indoor track, weight rooms, cardiovascular equipment room, aerobics room, spin room, and a Parent/Child area. Our facility has two men's and two women's locker rooms with saunas in the main locker rooms. This facility provides plenty of room for a healthy fitness and sports program. Located



in bldg. 308.

Indoor Running Track: One-tenth of a mile circuit makes regular running possible even in the winter! **Cardio rooms:** Our equipment is manufactured by Precor and includes: steppers, elliptical, upright bicycles, recumbent bicycles and treadmills. Each machine is setup for cardio theater. In addition we have Concept II rowers. Our **spin room** utilizes 20 Schwinn bikes. **Weight room:** Our free weight equipment is Hammer Strength and our resistance machines are made by Life Fitness and also include a Nautilus Gravitron, and two SciFit Upper Body machines. **Outdoor Facilities:** include a 400-meter track ('10), three softball fields, four tennis courts, running trail with 5K route, three horse shoe pits, sand volleyball court, pavilion, picnic tables and cooking grills. **Parent/Child Area:** is an area where parents may work out and watch their children play. **Programs:** We offer special events, incentive programs, intramural sports, and aerobics classes. **Special Events:** Our staff offers a special event each month; watch for details! Call 747-3384 for more info. Open Mon-Fri 0500-2300 and on Weekends, Holidays and Wing Down Days 0700-1800.

Plainsview Golf Course

Plainsview is a 9-hole course which includes a pro shop, practice area, putting green, chipping green, driving range and an indoor golf simulator. All activities and events are operated under the supervision of a golf course manager and golf advisory committee. Plainsview provides interesting tournaments, contests and social activities at a minimum



cost. The friendly staff can assist you with inquiries concerning equipment, course conditions, lessons, tournaments and club fittings. Layaway plans are available. Plainsview is a full member of the United States Golf Association (USGA) & an associate member of the National Golf Foundation. The Course operates under USGA rules, except as modified by local rules. **Benefits of AF Club Membership:** AF Club Members



play 9 holes of golf at Plainsview with cart, free on Mondays! Does not include tournaments, leagues, or outings. Does apply to simulator in the off season. Putter's Snack bar serves breakfast Monday through Friday from 0700 – 1100. The snack bar then switches to the lunch menu with the best variety of sandwiches, meals and daily specials. **Looking for a place for your party?**



Check out our catering possibilities! We offer a cozy atmosphere complete with gas fireplace. We can accommodate groups up to 75 people, please call 747-4282 to reserve the space today! Located by the back gate.

Library

The base Library is an extensive resource center providing access to over 50,000 fiction, non-fiction and audio books, CD's, videos, newspapers & magazines. Electronic resources include information on military, education, medicine, literature, art, business, sciences, careers, and a host of additional fields. Internet access, story time for preschool children, book discussions, a summer reading program are additional features of the Base Library. Located in bldg. 201. Open Mon-Thurs 1000-2000 and Fri-Sun 1200-1700. Closed on federal holidays. Call 747-3046 for more info.

Rosetta Stone Online Language Center

Interested in learning a new language? Download, fill out, and fax the following form to DSN 779-0207 or email to address on form. Ensure that your email address is legible; you will receive notification on enrollment.

Computer Resources

- 12 computer workstations with internet access, CD-RW capability, utilizing Windows XP operating systems and Office 2003 software programs
- 4 children's computer workstations with learning programs and games
- 3 laser jet printers, 1 color print

Special Collections

- Air War College
- Air Command and Staff College
- Embry Riddle Reserve Collection
- Chief of Staff Reading List Collection

Air University Library Index

- An index to articles from military and aeronautical periodicals

Check out WorldCat.org to browse the world's largest library network!



Outdoor Recreation

Our massive inventory of rental equipment includes campers, boats, hunting & fishing gear, ski equipment, party supplies and a wide variety of lawn & garden gear. We also offer a regular schedule of fishing trips, ski trip and rentals packages, ice fishing, and much more...we offer something for every season! Located in bldg 621. Call 747-3688 for hours and information.



ND Hunting and Fishing Licenses

North Dakota law prescribes that before a license vendor can sell you a hunting license you have to physically present your hunter safety certificate. So, please remember to bring in your hunter safety certificate to show when purchasing hunting licenses; we will not sell you a license without it.

Air Force Central Ticket Program

Purchase your vacation entertainment tickets/vouchers at Outdoor Recreation before you head out this summer and save! Some discounted attractions include Six Flags St. Louis, Disneyland & Medieval Times Dinner Theater.

RV Storage Lot

ODR rents RV and boat storage spaces. Call or come by for more information.

Minnows and Wax Worms

Minnows are here and waiting for you to take them fishing! Bring your bucket and fill up (Don't have a bucket?





We'll sell you one)! We also have waxies for sale. We have ice fishing tackle, too, including poles, augers, and fishing houses.

Horse Stables

A rare service offered on an Air Force base! Our stables include a barn, 3 out buildings, an indoor riding arena, and several grazing fields. Contact ODR for more information



on prices and services.

River and Hiking Maps

We have maps of Minnesota canoe and hiking trails. Canoe routes include; Mississippi headwaters, Crow Wing, Red Lake, Minnesota, Big Fork, Cannon, and whitewater kayaking routes along the Kettle and St. Croix. Hiking maps include the north shore trail and arrowhead/taconite trails. We can get others depending on your interest and skill level. Stop by and let us route your group's next trip.

Chain Saws for Rent

We have 2 chain saws available for rent. Each comes complete with saw and carrying case, safety goggles, safety chaps, file, chain lube and 1 gallon gas.

Small Engine Repairs

Our small engine mechanic can do all your small engine repairs.

Auto Car Carrier and Tow Dolly

Outdoor Recreation has a full Auto Car Carrier and tow dolly available for local rental use only. The car carrier requires a full size pickup with Class III or V hitch, 2 5/16

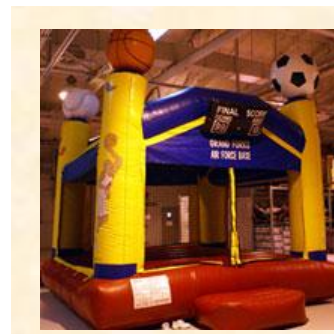
ball, and electric brake controller.

Covered Trailers

Outdoor Recreation has two 6x12 covered trailers and one 4x8 covered trailer. You will need a 2 inch ball and a 4-flat electrical connection for these covered trailers.

Inflatables

We offer a large selection of inflatable games for all ages including a traditional bouncy house, an obstacle course, a water slide, and games like "Wrecking Ball", "Joust" and more!



Civilian Personnel Office

Air Force Core Values: Integrity First, Service Before Self, and Excellence In All We Do. Airmen are the Air Force's most valuable resource, and the Air Force remains committed to recruiting and retaining the world's highest quality force. Spanning six decades of Air Force history, particularly over the past seventeen years, our Airmen—both civilian and uniformed—have proven themselves as global first responders in times of crisis. In addition to a competitive salary, the Department of the Air Force offers:

- Affordable health and life insurance plans
- Paid vacation and sick leave
- Transferable retirement plan with government matching contributions
- Flexible work environment
- Paid employment related training and education
- Possible student loan repayment
- Payment of licenses, certifications, and academic degrees as applicable
- Bonuses, incentives, and awards as appropriate for the job
- Annual pay increases and locality pay adjustment

Discover the rewarding job opportunities awaiting you as part of the Air Force Team! The Civilian Personnel Office can help match your skill with the right position. Located in bldg. 101 on the second floor. Call 747-5033 for more info.

NAF Human Resources Office

The Human Resource Office staff can also help match your skill with the right position. The 319th Force Support Squadron employs both military family members and civilians for a multitude of positions in fitness, child care, lodging, hospitality, food and beverage, laborers and administration. Located in bldg 101. Open Mon – Fri 0730-1630. Call 747-5030 for more info.

Who Can Apply

- Any U.S. citizen or authorized permanent resident may apply for employment
- Proof of citizenship or auth. to work must be presented prior to being hired
- Applicants must be at least 16 years of age. Some positions have specific age requirements, i.e., to operate machinery minimum age is 18 and to handle alcoholic beverages minimum age is 21.
- Applicants under 18 must provide a work permit authorizing them to work



Military Personnel Section

The Military Personnel Section is available for a multitude of services and programs to include DEERS enrollment, ID Cards, In- and Out-processing, Evaluations, WAPS testing, promotions, assignments, official passports, SGLI and Family SGLI, vRED, separations, retirements, reenlistments, extensions, leave management and more! Located in Bldg 101. Open Mon-Fri 0730-1530. Closed on holidays, wing down days and weekends. Call 747-6411 for more info.

Youth & Family Member Activities

Youth Center

To maintain the current standard of excellence in youth programs and continue to meet Air Force financial goals, the Youth Center has implemented a membership program. Under the program, any child who enrolls in any youth program, with the exception of School Age Program (SAP), will have the option to purchase a membership which will enable them to pay lower fees than non-members to participate in Youth Center activities. Activities include Youth Lock-ins, piano, archery and dance lessons, gymnastics, and a wide variety of activities for kids of all ages. We also offer a before and after school program, some evening events and activities, and trips and tours. Located in bldg. 121. Hours of operation are: YOUTH CENTER: Monday-Thursday: 3 to 7 pm, Fri: 3 to 6 pm, and Saturday: 10 am to 6 pm. BEFORE & AFTER SCHOOL PROGRAM (SAP) Mon-Fri: 6:30 am to 5:30 pm. Closed Sundays, Holidays and Family Days.

Presidential Service Awards

The President's Volunteer Service Award recognizes individuals, families, and groups that have achieved a certain standard – measured by the number of hours served over a 12-month period or cumulative hours earned over the course of a lifetime. To date, the President's Council has bestowed more than 400,000 awards to the Nation's deserving volunteers. To register, visit www.presidentialserviceawards.gov and click on the link "Track Your Hours" and create your log-in and record of service. Minot AFB Youth Programs is your certifying agency.

Youth Employment Skills (YES) Program

This program, underwritten by the Air Force Aid Society (AFAS), is a joint effort between AFAS and Air Force Services to offer high school students an opportunity to learn valuable work skills, "bank" dollar credits



toward their post-secondary education, and have a positive impact on their base community. Volunteer positions should be related to possible career interests following completion of high school/college.

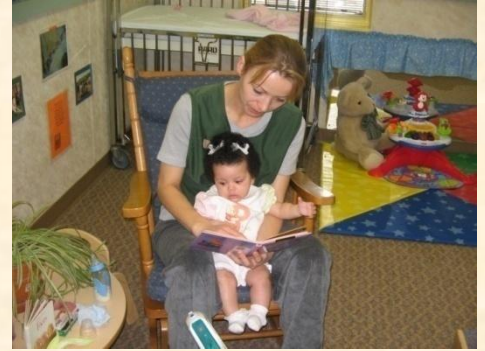
Child Development Center



Our high quality, accredited early childhood program provides a safe and nurturing environment while promoting physical, social, emotional and intellectual development for children ages 6 weeks to 5 years. The CDC operates on a sliding-scale fee, calculated based on total family income. Single parents and military members have priority. Program Registration packets are available at the front desk for enrollment in all CDC programs. The Child Development Center is located in bldg. 120 and is open Mon – Fri 0630-1730. Call 747-3010 for more info.

CDC Enrollment Requirements:

- Emergency Care Form (AF Form 1181)
- USDA Food Program Application
- Parent's Agreement
- Immunization Records
- Emergency POC
- Health Form



Programs

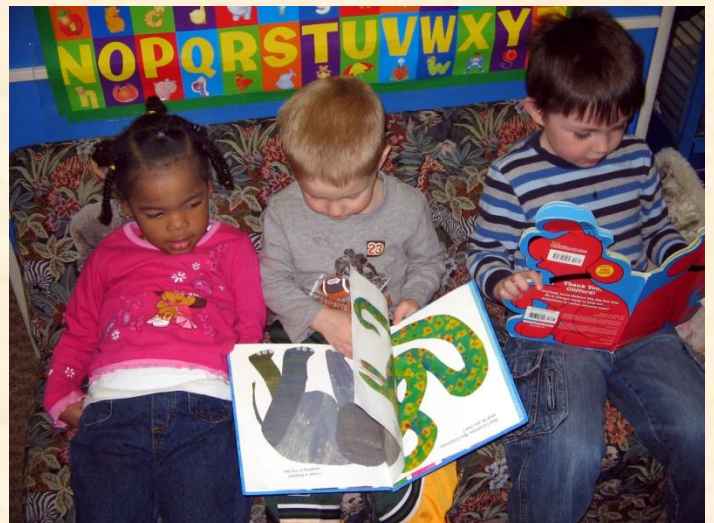
- Part Day Enrichment Program for ages 3-5 years (Kiddie Campus)
- Give Parents a Break
- Hourly Care
- Parents Day Out

Give Parents a Break!

Give Parents a Break provides eligible parents a few hours break from the stress of parenting. The AF Aid Society provides funding, making it possible for the CDC to open and provide care during this special time. Once referred by one of the following base officials: Squadron Commander/First Sergeant, Chaplain, Doctor or medical professional, Family Advocacy personnel, Family Support Center personnel or CDC personnel, it is the parent's responsibility to make reservations. Eligible families include parents feeling stress due to...Military member is TDY or deployed; having a child with special needs; an emergency situation; a recent move to base; or unique circumstances or hardships.

Parents Day Out!

Parents Day Out runs concurrently and follows the same guidelines as "Give Parents a Break." However, an hourly fee will be charged to the Parents Day Out participants and care may not be confirmed if less than eight children are on the reservation roster. There will be a late charge of \$1/minute after 5 pm.



Grand Forks AFB Child Supervision Guidelines

The age of the child is not the only factor that should be considered when children are left alone. Other factors include, but are not limited to, the maturity of the child, emotional health factors and the child's physical or cognitive limitations.

AGE OF CHILD	Left Alone for Two Hours or Less	Left Alone for More Than Two Hours	Left Alone Overnight	Outside Unattended	Left In Car Unattended for limited time	Child Provides Care For Others
Newborn - Age 4	NO	NO	NO	NO	NO	NO
Age 5 - 6	NO	NO	NO	YES, playground or yard with immediate access and line of sight of care provider	YES, for no more than 5 minutes, must be in view of caregiver and in a restraint; keys removed and emergency brake applied	NO
Age 7 - 8	NO	NO	NO	YES, with access to supervision	YES, for no more than 5 minutes, keys removed and emergency brake applied	NO
Age 9	YES during daytime hours	NO	NO	YES	YES, keys removed and emergency brake applied	NO
Age 10 - 11	YES, with ready access (phone number to an adult supervisor)	YES during hours before curfew	NO	YES	YES, keys removed and emergency brake applied	NO (unless Red Cross Child Care Certified)
Age 12 - 14	YES	YES during hours before curfew	NO	YES	YES	YES (Child Care classes recommended)
Age 15 Through High School Graduation	YES	YES	YES	YES	YES	YES

Curfew hours are from 2200-0600 Sun-Thur & 2400-0600 Fri-Sat. Dependents, 17 or younger, will not be outside of their quarters during curfew unless: 1) They are accompanied by a parent or guardian 18 years or older. 2) They are participating in an approved, on-base sponsored event or are babysitting. In such cases parents or guardians may contact SFS at 7-5351 when dependents are returning home. 3) They enter the main gate after curfew hours and proceed to their quarters using the most direct route available.

In all instances above where "YES" is indicated, the parent is responsible for using reasonable judgment and for any incident or mishap considered preventable which occurs. Caution should be taken in leaving 15-17 year olds alone overnight.

Family Child Care

Family Child Care providers offer in-home care for children ages 2 weeks to 12 years as a supplement to the Child Development Center. These providers also offer alternative care such as weekend, flexible or extended hours and for very young infants or children with special needs. Family Child Care Office is located in bldg 207. Open MWF from 7:30 am to 4 pm and T/TH from 8 am to 4:30 pm. Closed Saturday, Sunday and Holidays. (Hours subject to change due to evening or weekend training days.) For more info call 747-3158

FCC providers are required to undergo strict licensing requirements. They must be over 18 years of age, able to read and speak English, and be in good mental and physical health. They (and their family members) must pass comprehensive background checks and complete a basic orientation program prior to licensing. Once licensed, monthly home visits are conducted to ensure that every provider is consistently maintaining all Air Force standards to ensure the highest quality of care possible.

If you are interested in hiring an FCC provider, schedule a time to interview to ensure a good match between both families. Have questions ready about their policies such as discipline, vacation and illness. It is important for you to know that Family Child Care providers set their own fees. Prior to starting care in the home, families must sign a contract regarding policies and fees, provide a copy of immunization records of child/children, complete AF Form 1181 and, if dual or single military, an AF Form 357.

Feel secure knowing that you are placing your child in safe and supportive care that you want them to have by placing them in a Family Child Care home. They will be in a stimulating in-home environment that will provide them with the nurturing and developmental materials and interactions they need to thrive.

Become a Family Child Care Provider

Find out how you can become a child care professional and operate your own business from the comfort and convenience of your home. Plus you will receive training that will allow you to care for our next generation. At minimal start-up costs, the FCC Program offers free equipment and training to help you support the Air Force mission of caring for children of military and civilian personnel. The FCC office is currently recruiting providers for special needs, evening/weekend and drop-in care.

Unlicensed Child Care

In accordance with AFI 34-276, Family Child Care Programs, Paragraph 1.3. "Any individuals caring for other families' children a total of more than 10 hours a week on a regular basis must be licensed to provide care in on-base quarters."

Permanent Change of Station (PCS) Free Child Care

If you have newly arrived Grand Forks Air Force Base, you are able to receive up to 20 hours of free child care from a licensed Family Child Care Provider. How? Bring your orders to the Airmen & Family Readiness Center, they will issue you a certificate for PCS care. Call the FCC office for information on FCC providers with current openings. The Air Force Aid Society sponsors this program and pays the provider directly for the PCS care. Airmen & Family Readiness Center: 747-3241

Liberty Square



A multi-purpose facility that hosts classes and indoor sports. It's home to a skateboard park & provides an open roller skating program complete with a state of the art light and sound system. The space may be rented for private parties and squadron activities and is located in bldg 316. Call 747-3429 or 3151 for more info.

Birthday & Squadron Party Packages: customize with a bouncy castle, roller skating or dancing. Prices start at \$60. Contact Liberty Square to make reservations.



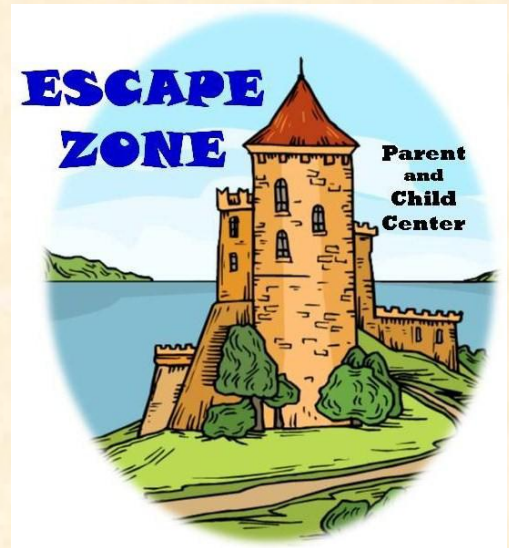
Snack Bar Items: soda, water, flavored water, pizza, chicken nuggets, fries, pretzels, candy, nachos and more!

Friday: Open Skating is from 6 to 10 pm every Friday night (Winter Hours)! \$5 admission includes skates.

Saturday: Skate boarding from 4 to 8 pm for ages 6 and up. Two rails, bench, quarter pipe, and various ramps will be available. Admission \$3. Youth under 18 are required to wear helmets.

Escape Zone

The ESCAPE ZONE is a no-charge parent and child facility. A fun, relaxed, and colorful environment offered by the *Airman and Family Readiness Center*. The Escape Zone offers organized activities and projects for parents and children to do together such as stamping, painting, and more! Located in Building 320 on 7th Ave. All ages are welcome. Call 747-3837 or 3241 for more information.



Veterinary Clinic

The Grand Forks Veterinary Treatment Facility provides care for the Military Working Dogs at Grand Forks AFB and Minot AFB, as well as the pets of military personnel. Services include medical appointments, vaccinations, general surgery (including spays, neuters, and declaws), and dental care.

There are some regulations that you must follow if you own a pet and live on base...

- Your pet must be registered with the VTF. This means that you must come by and fill out some forms so that we can build a medical record for your pet.
- The base also requires that you have your pet vaccinated every year
- It is also mandatory for all pets that reside on base to be microchipped
- You are not required to use the veterinary clinic here on base, but if you get your medical care from a civilian veterinary clinic you are required to show proof of vaccinations to the VTF
- Some services do not require the veterinarian, such as microchipping, heartworm testing, expression of anal glands and toenail clipping.

Call the Veterinary Treatment facility to schedule an appointment. Please call 747-3375 for current operating hours and additional information.

For emergency pet care please contact one of the following veterinary hospitals off-base:

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|--------------------------------|-----------------------------|---------------|--------------|
| • All Pets Hospital | 5030 Gateway Drive, Suite A | Grand Forks | 701-746-9707 |
| • Kindness Animal Hospital | 2325 32d Ave S | Grand Forks | 701-772-7289 |
| • Petcetera Animal Clinic | 1150 40 th Ave S | Grand Forks | 701-775-0549 |
| • Peterson Animal Clinic | 1525 Central Ave NW | E Grand Forks | 218-773-2401 |
| • ed River Small Animal Clinic | 6401 East Lake Dr | Grand Forks | 701-746-0011 |